

The Myths
and
Mysteries
of
Marriage



by Roland Trujillo



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of Marriage



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Mysteries of
Marriage



Making relationships work

Roland Trujillo

Formerly published as
My Husband and I Argue All the Time

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This book is dedicated to all the men and women everywhere who stay together, for richer or for poorer, for better or worse, until death do them part.

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The Dating and Mating Game Is Not a Game

Relationships make the world go around. We love people and we hate them. We want to be around them and then we want to get away from them. We can't live with them, and we can't live without them.

And nowhere is this more evident than when it comes to dating, courtship, long term and short term relationships, partners and spouses.

First I want to say that all relationships start off with excitement and dreams of living happily ever after, and yet a large percentage end up as a living hell. Many of us saw our parents arguing and fighting and we hated it.

We were sure that our relationship would be different. But once we got involved with someone for awhile--sure enough, soon we were arguing—and we are lucky if it was merely arguing. Sad to say the daily newspapers are full of stories about arguments that turn into violence or even murder.

Something is wrong. If love turns into hatred, then it wasn't real love to start with. It proves that what most people think of as love is not really love at all.

Some relationships settle into long ones. Many appear happy and fulfilling on the surface. But the truth is that many are not. Something is still wrong. Each partner suffers--he in his way, and she in her way.

I remember when I was a boy, my mother had some good lady friends. I was surprised and shocked by what was said about their husbands. Each wife not only openly complained about and criticized her husband, but also stated that she was secretly unhappy and unfulfilled.

I was shocked because in private they seemed to have contempt for their husbands, and what was said in private was quite different than what was said when the husbands were present.

I also got to listen in to what the husbands said when, for example, the men would go fishing while the women did something else.

When I was with men, I heard a different story. The men were unaware of their wife's secret unhappiness or of their wife's secret contempt. The husbands thought that everything was basically okay with the marriage.

The men did admit that their wives never seemed to be satisfied. The wives always wanted something. They wanted him to lose weight, to stop smoking, get a better job (like some other friend's husband had), or go to church more. The wife wanted him to improve or change in some way.

The wives, according to the husbands, were apparently never satisfied. They wanted a bigger house, more furniture, a vacation, or something. But when she got it, she was still not satisfied with it. Nor was she satisfied with any self improvement he made. She always found something to disapprove of. Yet the husbands were not aware of their wife's secret unhappiness or that the wife was complaining about him behind his back.

The husband typically said that his wife was confusing, and he was at a loss as to what she wanted.

But like I said, for the most part, the men thought that the relationship was basically okay. Without trying to be rude, I must say (to use an old expression) the men were “fat, dumb and happy.” They did not suspect the deep unhappiness their wives were feeling.

Occasionally one of the husbands or wives would privately remark that they were staying together “for the sake of the kids.”

It seemed as though the wives were far unhappier with the husbands than vice versa. Somehow they wanted something from their husbands that they were not getting. The wives seemed to think that what was needed was better communication, intimacy and sharing that would make things right.

But their unhappiness and continued complaints no matter what their husband did proves that it was something deeper that they needed.

They could not put into words what they needed. But I can. And I will spell it out in this book.

Their husbands could not figure out what their partners wanted. They tried everything--from flowers to champagne and hot tubs for two—but nothing seemed to satisfy the wives.

I will tell you husbands later what they want, so keep reading.

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“A Rose by Any Other Name is Still a Rose”

Before continuing, I want those of you who are not married but are living together to pardon my frequent use of the terms “husband and wife.” That’s the way it was back then when I was a kid observing mom and dad and their friends. Things really were like the television shows *Father Knows Best* or *Leave it to Beaver*. For one thing—everyone was married.

Things are a little different now. So I want to be more inclusive, and that is why you will see the term “relationships: and “partners” more frequently in this book than in my previous book.

Nevertheless, I still have to say that the formality of the marriage vows--binding two people together spiritually, emotionally, and civilly, with that commitment being made public and permanent for all to see--is still the gold standard.

Let’s face it—if you really love someone, you want them to be committed and loyal to you permanently not temporarily. How do you feel if you find out your boy friend is dating someone else, or your girl friend is

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Where to Find Real Solutions to your Relationship Woes

I also wish to say that it is too easy to blame the church or the schools. When things go wrong at home, such as when the kids start going astray, parents often take two approaches: First they look to someone else to solve their problems, such as the schools, the government or organized religion. Then when things go even more wrong, they blame the ones who they went to, and then again, demand that the outside institution do even more. Blaming is a distraction from seeing the part that they played in what went wrong. Looking to someone else to solve your problems breeds dependency and stifles real growth.

I will elaborate on the above themes.

Parents, for example, often blame the church, the schools, the popular culture, or the government. They fix blame on an institution, as if it were the school's fault that the kids have gone astray. But I have to say that the number one influence on the kids is still the

parents. If others begin to have too much influence on the kids, it is because the default of parents who have abdicated their authority and handed over the kids to someone else.

And when it comes to marriage, the Moses of the family and the person to whom the wife should look up to with respect is the husband. If he is weak, violent, uninformed, or if he makes her his god, then how can she respect him?

If he does not have wisdom, how can the family look to him to guide them when things get a little rough?

And if he does not have the faith and conviction to do what is right and wise, because he is too deferential to what others say, how can he keep the family from being misled?

Another variation of the “blame the schools and the government card” is blaming the economy. “If the economy were better and if we only had more money, we wouldn’t have to argue. We could live in a better neighborhood, have more things, pay our bills, and have a better house. Then the marriage would be better. If the schools had more money for computers, then the kids would excel.”

I hope you realize that none of the above is true. People can be happy with very little. As the old saying goes, “The best things in life are not things.” Abraham Lincoln educated himself using the fireplace for light, and with only one book!

I also want to put in a word of defense for the churches. I have already said that wolves in sheep’s clothing have gotten into the church and are very wicked, leading many people astray and turning others off to the very thing that could help them.

But having said that, I must also say in defense of the churches and the ministers—many church people are decent and do good work. Please don’t tell me about

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More About Avoiding the Blame Game and Solving Your Problems

I am not going to play the blame game when it comes to public schools, government, or the clergy.

Instead I wish to focus on the two people involved—the two partners. Each of them and both of them can change their attitude and change the outcome for the better in a short time, perhaps days.

How is it possible, you ask, that a husband or wife can change their life around and perhaps their relationship within a short amount of time when the clergy, the counselors, the social workers, and thousands of experts and writers are failing to solve our individual and collective problems? When all these helpers and experts seem unable to solve the family violence that is everywhere, and the increasing statistics of broken homes, sexually transmitted diseases, and divorce?

After three thousand years of recorded history, humankind has not been able to solve cruelty, emotional abuse, heartaches, suffering, pain, and hurt feelings. The biggest victims of all are still the kids.

The reason why an individual person can do what all the experts and helpers can't seem to make happen is because the individual can change his or her attitude and acquire a new attitude of forgiveness, patience, and understanding. These wonderful attributes—forgiveness, patience and understanding—come from within. They come from believing instead of doubting what you know in your heart, and they come from accepting instead of resenting the gentle chastisement of conscience.

And, and they come from capitulating to truth and love instead of running from them. It all comes to pass within.

A person can literally have a change of heart, start meditating, and within a few weeks you won't even recognize them as being the same depressed, resentful angry person they were before.

We are always looking for someone else to do something for us, when the answer is within and a Heavenly order is waiting to unfold for the sincere seeker of truth and for the person who is willing to be more forgiving.

I will address this issue in greater detail elsewhere in this book. But right now I want to give you a sneak preview. The main problem that we all have—almost without exception—is resentment. Admit it, you resent your husband.

And you husbands--you resent your wives.

The first key to emotional well being and toward building a better relationship is to simply see and admit that you are resentful. And also judgmental. In fact, (and ladies don't get mad at me for saying this, but I've

been counseling now for over 20 years)—women, in particular, have a problem with judgment.

What resentment and judgment do is block love. You cannot resent and love at the same time. You cannot judge another and have patience with them at the same time. Love comes from within. It is the love from our Creator that we all need. It is the healing balm and the ultimate fix.

But if you do not forgive others, then your Heavenly Father will not forgive you. He will not give you His approval and warm love if you are secretly resenting and judging your husband, for example.

Judgment is a very sneaky thing. A lot of women say “I don’t resent anyone, and I’m not angry at anyone.”

Yet they are secretly judgmental. Judgment is a “superior” sort of hate. Men, being the weak whimpering dogs or violent brutes that they are, are very easy to feel superior to. A woman can feel very superior to her man, judge him for his failings, and feel rather saintly or even martyr like (doing all she does for her ungrateful brute), and never suspect that she is actually hateful.

This judgment, which can become an addiction, separates her from love, and is the a hidden cause of feelings of emptiness, low self esteem, unhappiness, and a host of related physical symptoms.

Again, I wish to emphasize that everyone knows when they are angry, most know when they are resentful, but quite a few people are very judgmental and never suspect anything wrong with it or see how it is subtly ruining their life.

And you husbands, how can you love your wife if you are resenting her?

So, whether you are a man or a woman, if you are sincere in your desire to know the truth, then reading this book will help you to forgive. Why?

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My People Perish For Lack of Knowledge

The words in the title are the words of God spoken through one of His prophets.

These words ring true down through the ages and are just as timely today as they were three thousand years ago.

Look into almost every family and you will see misunderstanding, resentment, judgment, anger, suppressed rage, cruelty, and suffering.

Every time you turn around, there is another divorce.

And when there is trouble in the family, those who hate traditional values and those who hate the family use the trouble to proclaim that the family doesn't work. Every time a father falls, it is used to say that men are no good, and that traditional values are just hypocrisy.

Every time mom or dad, husband or wife has problems, there are experts to step in and take away authority from the home.

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A Listener Asks

A listener asks:

“My Husband Irritates Me. I can't get him to change some bad habits that he has. What should I do?”

Dear Listener:

Thank you for your question. The first thing to look at is your own judgment and resentment. When we are resentful, we can be irritated by just about anything.

Next time you are upset or resentful, notice how sensitive you become. Just about anything--from a slow moving line to a change in schedule—can make you irritable.

In essence, resentment and judgment destabilize us because they cut us off from patience and love. The human being is more than just an animal. We have a soul. And the proper environment for our soul is truth and love. Not our truth or our love. But our Creator's truth-love.

By definition, when you judge another (with condemnation and unforgiveness), you have separated yourself from truth. Truth is understanding. It is

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My Wife Asked Me to Move Out –What Should I Do?

This is an issue I hear all the time. In this article I will consider it as if it were written by a husband wondering what to do.

But first, my favorite quote on the matter:

As for his secret to staying married: "My wife tells me that if I ever decide to leave, she is coming with me."

-- *Jon Bon Jovi*

You go, girl!

Generally, for spiritual reasons, I recommend that you not be the one who initiates the divorce.

If your partner moves out or files for divorce, "it is still a free country," as old the expression goes. But if you make the first move, then you have the guilt of it.

Generally divorce is not a good thing, so initiating it puts the burden of guilt on you. This advice applies to both husband and wife.

There is the situation where the other person is drug addict, criminal, or abusive person. Of course, you have to protect yourself and the children. You might have to get the help of the authorities.

But in this chapter, I'm addressing the more typical situation where both husband and wife are decent, good people.

When both are good people, it is best not to divorce.

It is best to work things out. But if the other person is determined to move out or divorce, let them be the first to make the fateful move. You will then know that you did not initiate it and won't have guilt for it.

Now a special word for men: I cannot advise about any legal issues. Also, every circumstance is different, but I can speak in generalities. For spiritual, emotional, and strategic reasons it is not good for the husband to leave first.

Why is it generally not good for the husband to leave first?

In the mind of the wife, he made the first move and left her. She may have teased him and tempted him to leave first (secretly in her heart of hearts she may have hoped he would not leave her), but, after all, he did not have to leave. He could have stayed. But he did move out.

When he leaves, it means that he walked out. Worse yet, in the eyes of the children, it means that father left them.

Roberto Duran, though one of the greatest boxers in history, will never live down being perceived as a quitter when he said "no mas" in his fight against Sugar Ray Leonard. A dad who leaves has made a bad move. His family will never forget that he moved out on them.

Finding the Best Marriage Advice – Trust Your God Given Instincts

It is obvious that many people have lost their way. This is especially obvious when it comes to marriages.

Look into many families and you will find misunderstanding, resentment, suppressed anger, and hurt feelings. Husbands and wives argue. Parents and kids yell at each other. Communication is poor or nonexistent. Even worse, families are breaking up and divorces are rampant.

It is clear that people need the right kind of guidance. But if I may be so bold as to say so--it appears that the information and advice they are getting now is somehow lacking. Today there is so much relationship information on the internet, in books, from experts, and in courses. Yet family break ups and divorce are on the rise. Today there is more information and yet more problems. I am not knocking the various sources of

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information; I am just saying that something must be missing.

Where will we turn to find the kind of knowledge that will help us solve our problems once and for all, instead of just endlessly "working on our relationship?" Where will we find the kind of knowledge that will heal our relationships, restore our marriage, return the hearts of the children to the parents, and build a strong family?

Perhaps you have heard that long ago--when a young couple had marriage issues--a grandmother, a Dutch uncle, or an old and trusted friend would be called in.

That type of person had common sense, patience and understanding. They had both knowledge and know how. They had kindness, perhaps a twinkle in their eye.

They bore good will: they really and truly wanted the best to happen. They did not experiment with theories or approaches. Their guidance was solidly grounded in common sense, patience, and understanding.

That is what we need today. We need that type of know how, good will, and understanding.

The question is--where did the older and wiser person get their understanding? From a book or college course? No. It came from within. Understanding was the missing ingredient which tempered everything and showed them how to apply any knowledge they had gained.

Wouldn't it be nice if you could find understanding to deal with your marriage and family issues? If you had understanding yourself, then you could solve your own problems. Moreover, when you got information from external sources, your understanding and common sense would permit you to see which advice is good and which is not. If you had understanding, then you could listen to what others have to say and sift the wheat from the chaff.

You would know what to do with your knowledge and how to apply it with love and proper timing.

Sound too good to be true? Keep reading and I will show you the source of understanding, available to you now. I say that we can find this insight and deep understanding within when we learn to relate to our God-given intuition.

In the light of intuition, you would begin to see the reason why we squabble. Let me give you a few clues.

For example, you would begin to understand the mystery of the relationship between the sexes. It is an ancient and reoccurring cycle of ambition, rebellion, and failing. Just as in the story of the Garden of Eden, the woman is still used today to entice and support her modern day Adam to be ambitious.

When Adam looks to the woman and her guile for support instead of to principle, Paradise is lost and the family suffers. She feels used and he feels trapped and betrayed.

Without an understanding of the real dynamics in the man-woman relationship, people continue to hate and blame each other. Forgiveness is truly the answer. But in order to forgive, we must have insight into the deep dynamics behind all the squabbling we see in families.

We simply need to see, really see, where we are failing and why.

When you see that we humans are all in the same boat, you could be more forgiving toward your partner instead taking everything personally.

In order to do this, what we need is a very special kind of knowledge called understanding. You cannot get understanding from a book, even a religious book.

Understanding comes from intuition—what we know in our heart—when we look within and trust what we realize as our authority instead of looking to worldly experts. Intuition is first hand and alive.

The Myths and *Mysteries* of Marriage

Why do couples argue? How can we put the sparkle back in our marriage? How can we communicate better? I'm a Christian but my boyfriend is not. What is the difference between courtship and casual dating? My wife asked me to leave. Why are men the way we are? What does my wife want? Can we reconcile? How about sex? My wife cheated on me – now what?

Based on over 20 years of counseling couples and answering questions on the radio, this is the courtship, marriage and relationship repair handbook you have been waiting for. Roland tackles the tough questions with humor, discernment, and refreshing honesty. From the Garden of Eden to the 21st century, he's got relationships covered.

Making relationships work

Roland Trujillo, lecturer,
marriage
coach,
author,
radio host,
husband and



dad, introduces his new comprehensive look at the delights, the challenges and the mysteries of marriage. For over 20 years, Roland has been helping couples repair their relationships and move forward to optimal living. Roland is now bringing his insights, based in compassion and spiritual principles, to a new level in this unique look at the perils, pitfalls, and promises of relationships.



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